DR. CALDWELL'S
GUIDE TO HEALTH
HOME COOK BOOK

PRICE, TEN CENTS

Our Guarantee

We guarantee the purity of every bottle of Dr. Caldwell's Syrup Pepsin. We guarantee it to be up to the standard required by the pure food law—in fact, it has always exceeded that standard. We guarantee, further, that Dr. Caldwell's Syrup Pepsin will do what we claim, or refund the money upon application. We ask you to buy it on that basis.

Dr. W. B. Caldwell

I hereby certify that the formula which is now and has since 1893 been in use in the manufacture of Dr. Caldwell's Syrup Pepsin is the same formula that I originated and used so successfully in my practice.

W. B. Caldwell M.D.

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DETACH AND FILL OUT THIS COUPON AND PRESENT IT TO THE DRUGGIST WHOSE NAME APPEARS ON BACK OF THIS BOOK AND YOU WILL RECEIVE A

FREE TRIAL BOTTLE

DR. CALDWELL'S SYRUP PEPSIN

THE GREAT CURE FOR CONSTIPATION, INDIGESTION, SICK HEADACHE AND ALL STOMACH AND BOWEL TROUBLES

NAME _____

ADDRESS _____

HOME COOK BOOK

RECOGNIZING the demand for an inexpensive but accurate book of cooking recipes, Dr. Caldwell asks his thousands of friends among the housewives of America to accept this book with his compliments and the wish that among the recipes each recipient may find something which will add to the pleasure of the family dinner.

These recipes are in no way intended as suggestions for diet, but appeal to those fortunates who can eat what they want when they want it. To others, less fortunate in this respect, we suggest our trade motto, "Eat what you like and take Dr. Caldwell's Syrup Pepsin." The need of a laxative-tonic is greater at this time than ever before. Americans are living at a rapid pace and in the hurry and worry of the modern business and social life, digestion is impared to a greater extent than ever before in the history of the world.

"The nation's safeguard to health" in correcting these conditions is Dr. Caldwell's Syrup Pepsin, recommended to you as the best laxative-tonic you can obtain for the family. It is mild and gentle, free from griping, and pure. Its pleasant taste and mildness recommend it to the children, the women and the old folks. The purity of its ingredients is guaranteed. Its chief recommendation is that it works as nearly like nature as is possible, so that the digestive organs are strengthened and toned, and in time learn to do their work again naturally.

The price of the remedy is only 50 cents and $1. All druggists sell it, or can obtain it for you. Should any druggist attempt to offer you anything else, or, not having it, refuse to get it for you, write us and we will gladly supply you. However, druggists are our friends, and you will have no trouble getting it. More druggists use Dr. Caldwell's Syrup Pepsin in their own families than any other remedy.

PEPSIN SYRUP CO., MONTICELLO, ILL.

DR. CALDWELL'S SYRUP PEPSIN

Popular Remedy

It may safely be said that there is scarcely a human being living who at some time or other has not had stomach, liver or bowel trouble. Hence, the remedy most commonly needed, and about which the truth should be most eagerly sought and most popularly known, is one that will prevent as well as cure these diseases.

In Infancy

Since all things begin with birth it is well to start at infancy. The first disorder of infant life, as every mother knows, centers in the digestive organs. A healthy baby is never peevish. If it could talk it would tell you what is the matter, but since it is forced to be silent it tells its troubles with tears. Investigate and you will probably find it has constipation, indigestion, diarrhea or some such digestive trouble. Give it Dr. Caldwell's Syrup Pepsin in the small doses directed on the bottle and the complaint will soon disappear.

In Childhood

In young childhood much the same troubles are encountered, as the child has not yet become accustomed to eat grown-up peo-

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RECIPES

Bread, Rolls, Waffles, Etc.

Bread

Cook 2 medium sized potatoes in 1 qt. water. Use this water. Must be 1 qt. to scald 1 teacup of flour. Mash potatoes and add to the flour, using more flour if necessary. Soak 1 cake of yeast in a cup of warm water. When this is cold, stir into the mixture already prepared. Let it stand over night, stirring occasionally. Set in a warm place. Next morning add 1 heaping tbsp. of lard, 2 of sugar and 1 tsp. of salt. If necessary ½ tsp. of soda. Stir in flour until proper consistency; knead hard. Put to rise and knead lightly the second time; put in pans to rise again. Bake in moderate oven. This also makes nice light rolls.

Rolls

To 1 pt. bread sponge add ½ cup sugar, 1 egg, ¼ cup butter, rubbing butter and sugar together. Let rise after mixing; roll out; rise again and bake.

Tea Rolls

1 cup scalded milk, ¼ cup sugar, 1 tsp. salt, ¼ cup melted butter, 2 eggs, 1 cake Yeast Foam dissolved in ¼ cup lukewarm water, 1 pinch nutmeg, 3½ cups flour. When the milk is lukewarm add 2 cups flour, beat well and add the dissolved Yeast Foam. Let rise, then add the butter, sugar, salt, nutmeg and the well beaten eggs. To this add enough of your flour to

Dr. Caldwell's Syrup Pepsin is the best medicine I ever used for indigestion.—David Wunderlin, Youngstown, Ohio.

ple's food. Dr. Caldwell's Syrup Pepsin will aid it to digest what it eats and to make the best use of it in clearer blood and greater strength.

In the period of vigorous boyhood and girlhood the system is probably most free from digestive troubles, owing to the outdoor life and robust exercise that school children indulge in, but an occasional laxative is required even by such children, and the one which is safe, sure and harmless is Dr. Caldwell's Syrup Pepin.

In Maturity

As the girl approaches maturity, and the young boy develops into the young man, certain peculiar physical changes occur that usually disturb the digestive machinery. In girls at that age it is

Saved Baby's Life

To Dr. Caldwell:

I am now using the second bottle of Dr. Caldwell's Syrup Pepsin. I certainly think it saved my baby's life as she is a bottle baby and could not get her food to digest. I have told others about its wonderful merits, also. I found by giving a small dose when baby had colic, it always cured her.

Mrs. M. E. Darling,
Bellevue, Pa.

Marjorie Darling
Bellevue, Pa.

make a soft dough. Knead well and let rise in a warm place. Shape into small rolls. Put into a buttered pan, let rise, and bake in a brisk oven for 15 minutes.

Butter Rolls

2 cups scalded milk, ½ cup butter, 2 tbsp. sugar, 1 tsp. salt, ½ cake Yeast Foam, dissolved in ¼ cup lukewarm water, flour. Add the butter, sugar and salt to the milk. When lukewarm add the dissolved Yeast Foam, then 3½ cups of flour. Let rise until light, then add enough flour to make a soft dough. Let rise again, then place on moulding board and roll into a sheet ¾ of an inch thick. With sharp knife cut into pieces 2½ inches long and 1 inch wide. Place close together in a buttered pan, let rise until light and bake in a brisk oven for 15 minutes.

Vienna Rolls

1 cake Yeast Foam, 1 qt. warm water, 1 tbsp. salt, 2 tbsp. sugar, sifted flour. Mix the sugar, salt, Yeast Foam and

No other medicine has hit my case so completely as Dr. Caldwell's Syrup Pepsin.—Mrs. H. B. Moxom, Thornton, Ill.

especially important to caution them regarding the condition of the bowels, as constipation interferes with the regularity of important functions and if they are allowed to become irregular in the beginning they are very liable to continue so. Parents should not permit any false modesty to prevent regular bowel action. Dr. Caldwell's Syrup Pepsin is very much needed at this time and frequent doses should be administered until the bowels move normally once a day at a certain convenient hour.

For Women

Women, as a class, seem very prone to constipation. Nature's call is a function that must not be avoided, however repellant the thought may be to supersensitive people. Woman's greatest aid to normal bowel action, and one which she can most easily take because it is mild and pleasant, is Dr. Caldwell's Syrup Pepsin.

In Old Age

When one gets past forty the muscles of the stomach lose their strength and elasticity and become unable to properly churn the food, and as a consequence digestive troubles set in. This condition becomes aggravated with age, until later in life normal

water. When thoroughly dissolved add enough sifted flour to make a medium soft dough. Cover, keep in warm place, and let rise until light then turn it on to the moulding-board and shape the same as small Vienna loaves about 6 inches long. Place in a buttered pan, allowing a little space between each two and let them rise. When light gash the tops diagonally 3 times, bake in a moderate oven about 25 minutes. If desired, you may brush the rolls with beaten eggs and sprinkle them with poppy seeds, in which case you omit gashing them.

Currant Bread

To 1 pint bread sponge add 1 cup melted butter, ½ cup sugar, 1 tsp. cloves, 2 tsp. cinnamon, 1 cup raisins or currants. Knead well, put in a buttered tin and let rise. Bake slowly. Eggs may be added if desired.

Nut Bread

2 lbs. bread dough, 1 heaping tsp. shortening, 1 cup chopped nuts, ½ cup sugar, 1 egg. Knead well, form into loaves and when light bake in moderate oven.

Sour Milk Brown Bread

1 pt. corn meal, 1 pt. graham flour, 1 tsp. soda, 1 tsp. salt, 1 pt. sour milk, 1 cup molasses.

Dr. Caldwell's Syrup Pepsin is the finest laxative I ever used and richly deserves its reputation.—Mary R. Freeman, Tulsa, Okla.

bowel action is the exception. To strengthen the stomach muscles of old people and help them to regular and normal bowel movement nothing exceeds in efficiency Dr. Caldwell's Syrup Pepsin, and owing to its gentle action and pleasant taste it is an ideal remedy at that time of life.

All Need a Laxative

Between these ages are thousands of both sexes who are habitually constipated or dyspeptic, and these also cannot find a better remedy than Dr. Caldwell's Syrup Pepsin. It cures stomach, liver and bowel troubles and keeps them cured, and by so doing wards off serious diseases and grave complications, and actually prolongs life. Its use will prove these claims, and the price is within the means of all, 50 cents and $1 at all druggists.

Dear Dr. Caldwell:

We are very thankful to Dr. Caldwell's Syrup Pepsin for what it has done for our baby. She is just two and one half years old and weighs 34½ lbs. She has never taken any medicine except your Syrup Pepsin and it has kept her in perfect health. I am glad to recommend it to mothers whose children may be constipated, feverish or fretful. My husband and I also use it and find it just as good for grown-ups as for children.

Mrs. Roy Weaver,
Watseka, Illinois.

Helen L. Weaver
Watseka, Ill.

Mix meal with flour. Mash the soda and salt before measuring; sift and mix thoroughly with the flour; add the sour milk and molasses, and beat well. If not moist enough to pour, add a little water. Pour it into a well greased mould or pail, filling it only ⅔ full. Cover it with a tight cover, also greased. Steam three hours in a steamer, or set the pail in a kettle of boiling water. Keep the water boiling; and as it boils away replenish with boiling water to keep it at the same level. Remove the cover, and place the mould in the oven 15 minutes to dry the crust.

Parker House Rolls

Rub ½ tbsp. butter and ½ tsp. lard into 2 qts. sifted flour. In a well in the center pour 1 pt. cold boiled milk and add ½ cup sponge, ½ cup sugar and a little salt. Let stand until morning if wanted for tea, in morning stir,

My family has been using Dr. Caldwell's Syrup Pepsin and pronounce it the best thing out.—Wm. P. Keil, Pittsburg, Pa.

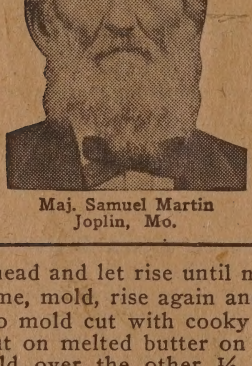
DISEASES CURED AND PREVENTED BY DR. CALDWELL'S SYRUP PEPSIN

Constipation

Any child or grown person who does not have a movement of the bowels at least once in every 24 hours is constipated or, as it is called, costive. The evacuation should be free and full, otherwise it is very little better than if it had not occurred. It is safe to say that everyone at some time or other has constipation. Its very commonness makes it dangerous—people neglect it. Yet it is less dangerous to neglect almost any other disease than to neglect constipation. You should attend to it immediately.

The Cure

A hundred and one things may have caused the trouble—errors in diet, cold, chills, fever, over-work, worry, irregular hours, etc., etc. Whatever the cause, the important thing is to have it cured



Maj. Samuel Martin
Joplin, Mo.

77 Years Old and Feels Like a Boy

Dear Dr. Caldwell:

I used the sample of Syrup Pepsin you sent me according to directions and have never found anything to equal it for constipation. I purchased a bottle from my druggist and have not been troubled with constipation since I used it. I cheerfully recommend your Syrup Pepsin, as I am 77 years old and feel like a boy since using it.

Maj. Samuel Martin,
Joplin, Mo.

knead and let rise until near tea time, mold, rise again and bake. To mold cut with cooky cutter, put on melted butter on ½ and fold over the other ½. Place in pan ¾ inch apart.

Corn Bread

1 egg, pinch salt, 1 tbsp. sugar (oval), 1 cup sour milk, 1 tbsp. flour, 1 tbsp. melted butter, 1 tsp. soda. Beat egg well, add salt, sugar, flour, stir in melted

Dr. Caldwell's Syrup Pepsin is just the remedy I needed for Dyspepsia.—W. K. Bentley, East Point, La.

and without delay. The only way to cure constipation is to use a laxative. The best one yet found is Dr. Caldwell's Syrup Pepsin. The directions on each bottle tell you just how to take it in different stages.

Dyspepsia—Indigestion

Dyspepsia and indigestion are one and the same thing. It means inability to digest what you eat. The causes are along the same general lines as those of constipation. Dyspesia is a sure sign that the stomach needs repairing, and there is nothing better for the purpose than Dr. Caldwell's Syrup Pepsin. One of the greatest causes of consumption, Bright's disease, diabetes and other deadly diseases is dyspepsia, or indigestion.

The reason is that the sufferer gets no nourishment from the food eaten, as it decays in the stomach and bowels, and worse still, generated poisons often get into the blood, lowering the vitality.

Mild but Effective

Dr. W. B. Caldwell:

Your preparation, Dr. Caldwell's Syrup Pepsin, has proven so satisfactory that I feel justified in voluntarily sending you this testimonial .

Our little girl, 4 years old, is subject to constipation. I have tried various remedies and found your Syrup Pepsin the best on account of its mildness, and always have it on hand for her use.

Mrs. Eva F. Gaff,
517 10th St., Washington, D. C.

Marie E. Gaff
Washington, D. C.

butter and add soda to sour milk. While foaming pour into the other ingredients and stir in enough corn meal to make batter grainy. Turn into hot buttered pans and bake 20 minutes.

Waffles

4 eggs beaten separately, ½ cup butter, 1½ pints sour milk, 1 tsp. soda dissolved in the milk, 1½ tsp. baking powder. Flour.

Muffins

Break 2 eggs in a dish, salt them, and add 2 cups sweet milk, 2 cups flour, piece butter half the size of an egg melted. Leave in lumps after stirring and bake in hot iron gem pans.

Snow Muffins

½ tbsp. butter, 1 tbsp. sugar, whites two eggs, 1 cup milk, 1½ cups flour, 1 sltsp. salt, 1½

Dr. Caldwell's Syrup Pepsin is the best medicine we ever used for constipation.—Eli Miller, Lula, Ga.

interfering with the workings of the heart and kidneys, and depriving the body of the strength which the food should have given. Furthermore, it results in constipation, just as constipation produces, in many cases, dyspepsia.

The Cure

There is a very simple and effective way to get rid of it, and that is by using Dr. Caldwell's Syrup Pepsin. It will clean out the stomach, bowels and colon and give them a new start in life. There are ingredients in this grand remedy that build up the stomach muscles so that in the future the food will be properly churned; it will induce activity in the flow of peptic and gastric juices so that the food you eat will digest naturally, and in a short time you will find yourself well again.

Liver Trouble

The liver is the organ most intimately associated with the workings of the stomach and bowels. In fact, all three organs are dependent upon one another. When the liver gets out of order the stomach and bowels almost always become affected. Liver trouble is just as serious as any other diseases, and it is folly to let it

tsp. baking powder. Sift flour, salt and baking powder 4 times. Cream butter and sugar with a little milk. Add whites well beaten, remainder of milk, and last flour; bake in hot gem pans 20 or 30 minutes.

Biscuit

1 qt. flour, 2 tsp. baking powder, 1 tsp. salt. Butter and lard together the size of an egg. Rub all together and mix to a soft dough with sweet milk. Roll, cut and bake in a quick oven.

Delicious Graham Gems

1 pt. milk, 2 eggs, 1 tsp. sugar, 4 tbsp. melted butter, 2 tsp. baking powder. Graham flour enough to make nice batter. Bake in hot gem pans.

Meats and Fish

Veal Loaf

2 lbs. chopped veal, ½ lb. chopped fresh pork, ½ cup cracker crumbs, 1 egg, ½ cup milk, salt, pepper and sage to taste; bake 2½ hours, set in a dripping pan of water. Cover the loaf while baking.

Veal Rolls

Cut veal steak into pieces about 3½ inch squares, salt and pound them. Mix together cup bread crumbs, 2 slices of onion, 1 egg beaten light, pinch of salt and a little sage, ½ tsp. baking powder. Put a little of this dressing on each piece of meat, roll it up, fastening edges to-

Dr. Caldwell's Syrup Pepsin is making a new man of me. The relief is wonderful.—C. H. Shermerhorn, Bangor, Mich.

go uncured because it deranges the digestion, blood and kidneys and can cause dangerous and lasting diseases. A cure can be accomplished in a very short time and at very little expense by taking such a safe and sure remedy as Dr. Caldwell's Syrup Pepsin, which contains many ingredients especially intended to cure liver trouble.

Symptoms and Cure

You can tell if you have liver trouble by a feeling of weariness and despair, by vomiting of a greenish or yellowish matter, constipation, pain in the head and over the stomach, a bitter taste in the mouth, yellowness of the eyes or of the skin, low temperature of the body which quickly permits of colds and chills; heavily coated tongue, scanty urine of a very brown color, pains in the back or in the right shoulder, which become worse when coughing, loss of weight and appetite.

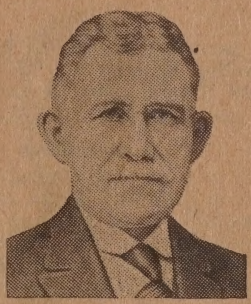
Instant Relief From Stomach Trouble

Dr. W. B. Caldwell,
Monticello, Ill.

Dear Sir:

The sample bottle of Syrup Pepsin, I tried for stomach and bowel trouble and it gave me almost instant relief. I got a 50c bottle and used that and now can eat anything I want and sleep well.

A. B. Danner,
326 Reily St., Harrisburg, Pa.



Mr. A. B. Danner
Harrisburg, Pa.

gether with toothpicks. Roll in flour and fry quickly to a deep brown. Cover with water and cover tight with cover. Set on back of the stove and simmer 40 minutes. Serve hot.

Bondina A La Reine

I pint cold cooked meat (chicken preferred) chopped fine, 2 tbsp. dry bread crumbs rolled fine, 1 heaping tbsp. butter, 2 eggs, ½ cup milk or stock. Put the butter in a sauce pan to melt, but not brown, add the bread crumbs and milk, let boil, then add the meat and eggs, well beaten, season to taste with salt, pepper and a grating of nutmeg, fill buttered cups about ⅔ full, put in a pan of boiling water, and bake in a moderate oven about 20 minutes, turn out carefully on a heated platter, pour rich white sauce over them and serve.

I think Dr. Caldwell's Syrup Pepsin fine. I keep it on hand all the time.—S. E. Hall, Chicago, Ill.

These are the principal symptoms. The cure is Dr. Caldwell's Syrup Pepsin. Full directions on each bottle label tell exactly how it should be taken. It arouses the secretions, makes the lazy liver active once again and removes all torpidity.

Cirrhosis of the Liver

Gin liver and cirrhosis of the liver are one and the same. The first indication of it is a terrible swelling of the abdomen, caused by inflamation of the liver. Later the feet and legs swell so that many people mistake it for real dropsy. There is also impairment of the appetite, a sense of fullness after eating, perhaps vomiting, and sometimes an escape of blood from the stomach and bowels. A yellowness of the skin is often noticed.

The use of Dr. Caldwell's Syrup Pepsin will reduce the abdominal swelling, cure the constipation and indigestion and enable the patient to build up his body and resist the disease, thereby in the end curing it.

Jaundice

Jaundice is due to bile (a juice) or some of its constituents finding its way into the blood. This bile is formed in the liver and should pass out through the gall duct into the intestines and

Savory Ham

1 cup chopped ham, ½ cup bread crumbs. Scant level tsp. mustard—pepper. Chop fine one hard boiled egg, moisten all with milk and bake about 30 minutes in baking dish.

Sweetbreads

To Prepare: Put them in cold water; remove the pipes and membranes. Cook them in boiling salted water, with 1 tbsp. of lemon juice, 20 minutes, and plunge into cold water to harden. They may be cooked in either of the following ways:

Larded—Lard, and bake until brown, basting with brown stock. Serve with peas.

Scalloped—Cut or break the sweetbreads into small sections. Mix with a rich cream sauce made with eggs. Put them in a scallop dish, in shells or in paper cases. Cover with buttered crumbs, and bake until the crumbs are brown.

Bacon Fraze

Beat 4 eggs very light, add ½ cup milk, 1 tbsp. flour, 1 sltsp. pepper. Lay 8 or 9 slices of thin cut bacon in frying pan. When slightly brown pour the batter over them. Brown on both sides. Serve on hot platter.

Salt Fish Ball

1 cup raw salt fish, 1 pt. potatoes, 1 tsp. butter, 1 egg well beaten, ¼ sltsp. pepper. More salt if needed. Wash the fish, pick in ½ inch pieces, and free from bones. Pare the potatoes,

Since taking Dr. Caldwell's Syrup Pepsin I feel better than I have for years.—Mrs. John L. James, Shepherdsville, Ky.

thus escape. A failure on the part of the liver to form the bile, or some obstruction in the gall duct which prevents its escape into the intestines, causes it to flow into the blood and tinge the skin a peculiar yellow. This is jaundice, and the trouble lies with the liver, which did not perform its functions properly. Anyone who has ever seen a case of jaundice knows how unsightly it is. Get a bottle of Dr. Caldwell's Syrup Pepsin and the yellow skin will turn in a short time to its natural color of healthfulness.

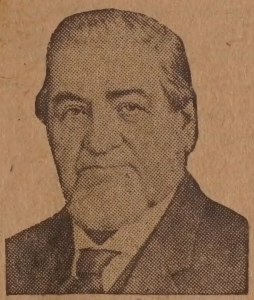
Biliousness

Among the forms of liver troubles most often met with is biliousness, or, as some people call it, torpid liver. In this affection there is a fullness of the right side, denoting congestion of the liver; a dull, heavy pain which is increased by pressure or by lying on the left side, a sense of fullness, weight and oppression about the stomach, a dull, disagreeable pain in the right shoul

Relieves Liver and Stomach Trouble of Years Standing

Dear Dr. Caldwell:

I came out of the Army (Civil War) with the worst kind of case of liver and stomach trouble. I spent hundreds of dollars trying to obtain relief, but nothing did me any good until your Syrup Pepsin was recommended to me. It has restored me to perfect health and I am never without it in my house. I have recommended it to many friends who can testify to its merits the same as myself. Lieut. G. W. Vaughan,
Decatur, Ill.



Lieut. G. W. Vaughan
Decatur, Ill.

and cut in quarters. Put the potatoes and fish in a stew pan, and cover with boiling water. Boil 25 minutes, or till the potatoes are soft. Be careful not to let them boil long enough to become soggy. Drain off all the water; mash and beat the fish and potatoes till very light. Add the butter and pepper, and when slightly cool add the egg and more salt, if needed. Shape in a tbsp. without smoothing much, slip them off into a basket, and fry in smoking hot lard 1 minute. Fry only 5 at a time, as more will cool the fat. The lard should be hot enough to brown a piece of bread while you count 40. Or, first dipping the spoon in the fat, take up a spoonful of the fish and plunge into the hot fat. Drain on soft paper. These fish balls should

Dr. Caldwell's Syrup Pepsin is a boon to mankind. It is all it is claimed to be.—Mrs. M. E. Cheery, Columbus, Miss.

blade, which may extend down the arm to the wrist joint, the complexion becomes pale and sallow, there is puffiness under the eye, hard, dry, harsh and scaly skin, pimples and other eruptions. Nervousness, heart trouble, brain and stomach trouble often occur. According to the thousands who have used it, and in the opinion of many of the foremost medical authorities who have investigated it, the premier cure for biliousness is Dr. Caldwell's Syrup Pepsin. The reason is that it is designed to act on the liver, stomach and bowels (the organs involved in biliousness) in a natural way which renders it superior to the many drastic preparations which contain Calomel. The directions for using Dr. Caldwell's Syrup Pepsin are simple and any sufferer can cure himself at home.

Heartburn

One of the uncomfortable conditions often associated with dyspepsia is heartburn. It is due to an unnatural acidity of the stomach. Water rises in the throat, pain is felt just below the breast-bone and the tongue is coated.

This symptom of chronic dyspepsia is readily relieved with Dr. Caldwell's Syrup Pepsin.

be mixed while the potatoes and fish are hot. If you wish to prepare them the night before, omit the egg, and in the morning warm the fish and potatoes in a double boiler, then add the egg. Keep the fish in a bowl of cold water while picking it apart, and it will need no further soaking.

Baked Halibut

3 or 4 lbs. of halibut. Dip the dark skin in boiling water, and scrape clean. Rub well with salt and pepper. Put it into a clean pan, and pour milk over it till ½ an inch deep. Bake about 1 hour, basting with milk. Remove the bone and skin, and arrange on the platter in the original form. Serve with plain, drawn butter, egg sauce, or cream sauce, and garnish with slices of boiled egg. The milk keeps the fish moist, is a good substitute for pork and makes the fish brown better. Use just enough milk to baste, and let it cook away toward the last. Or sprinkle buttered crumbs over the top, when the fish is nearly done, and serve with tomato sauce.

Yorkshire Pudding

1 cup milk, 2 eggs, 1 cup flour, ¼ tsp. salt. Mix salt and flour, add milk gradually to form a smooth paste. Then add eggs, beaten very light. Cover bottom of the dripping pan with some of the fat left from the roast, pour in the mixture ½ inch deep. When well risen baste with the fat from the roast. Bake 30 minutes. Cut in squares and serve with a roast beef. This may be baked in gem pans and placed around roast as a garnish.

My little daughter used Dr. Caldwell's Syrup Pepsin for Constipation with excellent results.—C. C. Vaughn, Russellville, Ky.

Diarrhea

The opposite of constipation is diarrhea or dysentery. The bowels are then too loose. This is very weakening and it is important that the stools should stop. Dr. Caldwell's Syrup Pepsin will clean the stomach and bowels of the irritating poisons and by so doing create a condition of health, enabling the stomach and bowels to again perform their functions naturally. When the cure of a simple diarrhea is too long delayed it becomes aggravated so that dysentery or bloody-flux results. Do not wait until this condition arises but take Dr. Caldwell's Syrup Pepsin at the start.

Colic Flatulence

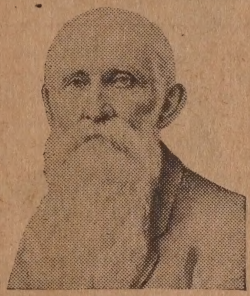
There are various forms of colic and they present different symptoms according to whether they occur in a child or in a grown person. Colic is a term applied to griping pains in the abdomen.

Best He Ever Used.

To Dr. Caldwell:

I always keep Dr. Caldwell's Syrup Pepsin in my home. Your medicine is the best I ever used for constipation; nothing better. Shall recommend it to all who need a reliable laxative.

J. H. Bristol,
Ann Arbor, Mich.



Mr. J. H. Bristol
Ann Arbor, Mich.

Baked White Fish with Egg Dressing

Clean and rinse the white fish, sprinkle inside and out with salt and pepper, bake till done, then place on platter, garnish with parsley and with the following dressing: Dressing—Boil hard 3 eggs and cut in very small dice; put in frying pan 1 tsp. butter, 1 tsp. flour, 1 small cup cream; when thick add eggs.

Sauce Tartare

(Cold, for Fried or Boiled Fish, Tongue, Fish Salad, or Broiled Chicken.)

1 tsp. mustard, ½ sltsp. pepper, 1 tsp. powdered sugar, 1 sltsp. salt, few drops onion juice, yolks of 2 raw eggs, ½ cup oil, 3 tbsp. vinegar, 1 tbsp. olives, 1 tbsp. chopped capers, 1 tbsp. cucumber pickles, 1 tbsp. chopped parsley. Mix in the or-

Since taking Dr. Caldwell's Syrup Pepsin I can eat anything I desire.—Mrs. Evelyn Rouse, Shade Gap, Pa.

and in grown persons is frequently accompanied by vomiting and nausea. There is bilious colic and flatulent colic, which is best told by wind on the stomach, which is really gas and due to the poisons generated by a disordered stomach. The cure is easily accomplished with Dr. Caldwell's Syrup Pepsin which stops the pain and clears the stomach and intestines of the gases and fermenting foods.

Summer Complaint

As the name summer complaint indicates, this disease is peculiar to the warm season. It may be caused by impure water, unripe fruit, over-ripe fruit and vegetables. There are griping pains in the stomach, vomiting and purging, and very loose bowels. The

Daughter of
J. M. Covert
Norfolk, Neb.

Best Stomach Remedy

Dear Doctor:

Last fall and winter after trying a sample bottle of your Syrup Pepsin I used two 50c bottles and found it better than any stomach medicine I have ever used. My business takes me on the road a part of the time and it certainly is good in this case to keep the bowels regular. My little girl, ten years old, has a good deal of trouble with her stomach, but Syrup Pepsin always gives her relief.

J. M. Covert,
421 S. 4th St., Norfolk, Neb.

der given; add the yolks, and stir well; add the oil slowly; then the vinegar and chopped ingredients. This will keep for several weeks.

Croquettes

These may be made of any kind of cooked meat, fish, oysters, rice, hominy, and many kinds of vegetables, or from a mixture of several ingredients. When mixed with a thick, white sauce, which adds very much to the delicacy of the meat or fish croquettes, less meat is required. The sauce is a stiff paste when cold, and being mixed with the meat or fish the croquettes may be handled and shaped perfectly, and when cooked will be soft and creamy inside.

Thick Cream Sauce

(For Croquettes and Patties.)

1 pt. hot cream, 2 even tbsp. butter, 4 heaping tbsp. flour or 2 heaping tbsp. corn starch, ½ tsp. salt, ½ sltsp. white pepper, ½ tsp. celery salt, a few grains cayenne. Scald the cream. Melt the butter in granite sauce-

Dr. Caldwell's Syrup Pepsin is one of the finest medicines I have ever used.—C. L. Carty, East Radford, Pa.

stools are griping and painful, free and very watery, though they occur with unnatural frequency. No better or simpler remedy for this condition can be found than Dr. Caldwell's Syrup Pepsin. You should take it at the first sign of summer complaint, as the frequency of the stools is very weakening, and unless checked some serious trouble is liable to result.

Bad Breath

Bad breath may be caused by decayed teeth or food lodged in the mouth and decomposing, but as a general rule some digestive trouble is the cause of it, and that being so the surest remedy to cure it is Dr. Caldwell's Syrup Pepsin.

Sick Headache

There are various forms of headache and vertigo, or, as it is often called, dizziness. The nervous, sick headache is nine times out of ten due to stomach or liver trouble, and the dizziness to

pan. When bubbling, add the dry corn starch. Stir till well mixed. Add ⅓ of the cream, and stir as it boils and thickens. Add more cream, and boil again. When perfectly smooth, add the remainder of the cream. The sauce should be very thick, almost like a drop batter. Add the seasoning, and mix it while hot with the meat or fish. For croquettes, one beaten egg may be added just as the sauce is taken from the fire; but the croquettes are whiter and more creamy without the egg. For patties, warm the meat or fish in the sauce, and use the egg or not, as you please.

Mince Meat

3 bowls meat, 5 bowls apples, 1 bowl molasses, 1 bowl vinegar, 1 bowl cider, 1 bowl suet, 2 tbsp. nutmegs, 2 tbsp. cinnamon, 2 tbsp. cloves, 1 tbsp. black pepper, 1 tbsp. salt, 1 bowl raisins, 5 bowls sugar. Mix all but meat and spice; boil until raisins are tender; then pour over meat and spice.

What to Serve With Meats

Roast Beef—Grated Horseradish.
Roast Mutton—Currant jelly.
Boiled Mutton—Caper Sauce.
Roast Pork—Apple sauce.
Roast Lamb—Mint sauce.
Venison or Wild Duck—Black Currant jelly.
Roast Goose—Apple sauce.
Roast Turkey—Oyster sauce.
Roast Chicken—Bread sauce.
Compote of Pigeon—Mushroom sauce.
Broiled Fresh Mackerel—Sauce of stewed gooseberries.
Broiled Bluefish—White cream sauce.
Broiled Shad—Rice.
Fresh Salmon—Green peas with cream sauce.

I take pleasure in recommending Dr. Caldwell's Syrup Pepsin to my friends.—Mrs. K. Glienn, Kansas City, Mo.

dyspepsia or constipation. Remove the cause and the headache will disappear. The best cure for any stomach, liver or bowel trouble is Dr. Caldwell's Syrup Pepsin and hence you should use it promptly in headaches and dizziness.

Skin Diseases

Many of the minor diseases of the skin owe their origin to some trouble of digestion. Scrofula, salt rheum, scald head, eczema, nettle rash, hives, etc., can all be benefited and often entirely cured by the use of a remedy like Dr. Caldwell's Syrup Pepsin, which quickly rights the stomach, liver and bowels, creating new energy and rich blood.

Dixie Askew Dudney
Magnolia, Ark.

Cured Colic and Constipation

To Dr. Caldwell:

I cannot praise your Syrup Pepsin enough. After using it for a year, I find it the best medicine I ever used. It cured my baby of flatulency colic when the doctors failed. It cured my husband of constipation. My home shall never be without Dr. Caldwell's Syrup Pepsin. I have put it in several homes and wish I could put it in every home. If anyone wishes to write me I would be glad to answer.

Mrs. Earl Dudney,
Magnolia, Ark.

Vegetables

Potatoes Au Gratin

Make 1 cup white sauce; cut 1 pt. cold boiled potatoes in dice; put in buttered baking dish and cover with sauce, bread crumbs and grated cheese.

Georgia Sweets

Boil sweet potatoes until they are almost tender; pare, slice in 1 in. slices, arrange in buttered baking dish with bits of butter and brown sugar and 4 or 5 allspice to each layer. Bake until they are a rich brown.

Eliza's Onions

Use large Bermuda onions, when in season. Place onions in cold water to remove outside skin; boil for 10 minutes in salted water; drain and return to fire. Cook until tender, but not broken; drain and slightly cool. Remove part of center, and prepare stuffing with onion which you have removed, chopped fine

Although in my 68th year I can work every day since taking Dr. Caldwell's Syrup Pepsin.—B. F. Cupp, Reading, Pa.

Malaria

If you have reason to suspect malaria, which you can tell by a feverish feeling, neuralgia, headache, soreness of the muscles, etc., keep the bowels and liver active for a few days with Dr. Caldwell's Syrup Pepsin and you will dispel the disease by driving the malarial germs out of your system.

Chills---Colds---Fevers

To ward off a severe attack of sickness or a mighty bad cold, take Dr. Caldwell's Syrup Pepsin the moment you feel the chill, cold or fever. Opening the bowels and making the liver active, for a few days, will cure the trouble.

Piles

One of the principal causes of piles is constipation, produced, frequently, by straining at stool and by lack of exercise of the rectal muscles. The blood becomes stagnated, the blood vessels are enlarged and press against the delicate tissues, causing them to undergo change from healthy tissue to thickened and enlarged lumps or piles. Neglected piles soon develop into anal fistulas, ulcers of the rectum, etc. The sensible thing to do it to use Dr. Caldwell's Syrup Pepsin in time and so prevent the more serious trouble.

and mixed with bread crumbs, cold chopped chicken or lamb left over's; ½ cup pecans, moistened with cream and 2 tbsp. butter. Mix well together and refill onions. Sprinkle with buttered crumbs, place in buttered baking dish and cook until well done.

Fat Rascals

Especially nice way to use cold mashed potatoes: 5 small potatoes grated fine, 5 small spoonfuls flour, 5 dessert spoonfuls grated cheese, 2 eggs, ½ gill milk. Beat all together until light, drop from spoon into hot fat until light brown.

Rice and Cheese Croquettes

1 cup rice, 1 cup white sauce, ½ lb. grated cheese, milk or water (3 to 5 cups of liquid will be needed.) Steam rice in milk or salted water, until it is tender and dry; add cheese; season with salt and pepper; add about 1 cup of white sauce; add sauce carefully. Shape at once into croquettes, or if rather moist, cook slightly, then egg and bread crumb them and fry in deep fat. Serve with cream or tomato sauce.

Golden Rod Toast

Cut bread into even pieces, toast and butter the pieces and

I find Dr. Caldwell's Syrup Pepsin all right. I don't want anything better.—J. B. Locke, Flint, Mich.

DISEASES OF INFANTS AND CHILDREN

Facts for Mothers

Infants and children are subject to many of the same diseases as older persons, but there are also many diseases that are peculiar to childhood, and among the most important are those of the digestive organs. A child's bowels are its mainstay, and parents should look after their welfare. If they are other than normal they need a tonic laxative, and there is none better than Dr. Caldwell's Syrup Pepsin in the small graduated doses prescribed in the directions on the bottle. The organs are soon put in good condition, and under favorable circumstances they continue to remain normal.

Gertrude Smith
Viola, Ill.

Regulates Stomach and Bowels

To Dr. Caldwell:

I received your free sample of Dr. Caldwell's Syrup Pepsin. Have used one 50c bottle since then and like it fine Our little girl was very sick with bowel trouble last winter and am using it for her and another little girl that has indigestion. Many thanks.

Mrs. A. W. Smith,
Viola, Ill.

moisten them with hot water. Boil 6 eggs hard, separate the whites from yolks, chop the whites and press the yolks through a colander or sieve. Make a white sauce, using 1 tbsp. each of butter and flour cooked together and 1 cup cream or milk added. When it is well thickened add the chopped whites and season with pepper and salt. Spread the mixture on the slices of hot toast and cover the top with the mashed yolks. Keep yolks in oven and put through sieve over the toast the last thing. Serve very hot.

Fritters

Green Corn Fritters

Cut through each row of kernels with the point of a sharp knife. Then with the back of the knife press out the pulp, and leave the hull on the cob. This is better and easier than to

Dr. Caldwell's Syrup Pepsin did wonders for my son. It is a grand medicine.—Mrs. Jane Gist, Hawesville, Ky., R. F. D. No. 3.

Constipation—Bowel Troubles

Children are especially subject to constipation and other bowel troubles. During the first year a baby should have at least two movements of the bowels in 24 hours; later at least one, preferably two. Any tendency to constipation should be checked early, so that the bowels do not get in the habit of being costive. When there is any indication of constipation use Dr. Caldwell's Syrup Pepsin in the prescribed small doses and normal functions will soon be produced.

Indigestion

The occurrence of indigestion is a common incident in the life of nearly all young children. It is usually indicated by vomiting —but by this is not meant the vomiting of curdled milk in young infants after nursing—but vomiting because of the eating of indigestible food or of over-eating. The child becomes pale and languid; the stools are green and offensive. Small doses of Dr. Caldwell's Syrup Pepsin will correct the trouble.

shave or grate off the kernels. To 1 pt. of corn pulp add 2 well beaten eggs, ½ tsp. of salt, ½ sltsp. of pepper, and 2 tbsp. of flour or just enough to keep the corn and egg together. Do not add milk, as then more flour will be required, and this destroys the flavor of the corn. Fry in small cakes on a buttered griddle, and brown well on each side; or add more flour, and drop by spoonsful into deep fat. When highly seasoned with salt and pepper, these fritters have the flavor of oysters. Make in same way with canned corn, finely chopped. Add two tbsp. of milk, as the canned corn is less moist than the fresh.

Fritter Batter

(For Oysters, Clams or Fruit.)

Yolks of 2 eggs, beaten well; add ½ cup milk or water, and 1 tsp. of olive oil, 1 sltsp. of salt, and 1 cup of flour, or enough to make it almost a batter. When ready to use add the whites of the eggs, beaten very stiff. If intended for fruit, add a tsp. of sugar to the batter. If for clams, tripe, or meat, add 1 tsp. of lemon juice or vinegar. This batter will keep for several days.

Apple Fritters

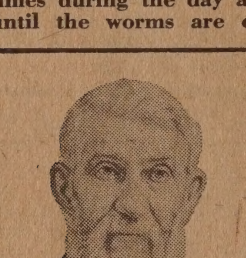
Core and pare 3 or 4 apples, but do not break them. Cut them in slices ⅓ of an inch thick, leaving the opening in the center. Sprinkle with sugar, lemon, and spice. Dip each slice in the fritter batter and fry in hot fat. Drain, and sprinkle with powdered sugar.

Vegetables for fritters, such as celery, salsify, or parsnip, should be boiled till tender, then grained and cut into small pieces; then stir them into the fritter batter.

Dr. Caldwell's Syrup Pepsin has the most soothing effect of any medicine I have ever taken.—Mrs. J. T. Wright, Mulberry Island, Va.

Worms

While it is quite common to find either pin worms, thread worms, seat worms or round worms in children, none of them are apt to produce serious trouble except pin worms. The symptoms are commonly peevishness, nervousness as shown by fidgets, twitching, crying out or grinding the teeth when asleep, picking the nose, fever, convulsions, uncertain appetite, sometimes ravenous but without gaining in weight. The child should be kept on a light diet of milk or broth for 24 hours and after a day and night of such fasting should be given Dr. Caldwell's Syrup Pepsin before breakfast, half a teaspoonful for a child of one to two years, and one teaspoonful for a child four to ten years of age, with morning injections of cool water and Castile soap. If the bowels do not move freely, these doses should be repeated two or three times during the day and for two or three days during the week until the worms are expelled. Care should be taken to keep



O. P. Miller
Baroda, Mich.

Dear Sir:

Some time ago I received from you a sample of Syrup Pepsin and take this method of thanking you for same. After using it I called on my druggist and procured two 50c bottles and have used it regularly and find it does the work for which it is intended and recommended, to the very letter. I am now in my 80th year and do not expect a permanent cure, yet by a judicious use of your medicine to avoid those periodic attacks to which I have been subject for so many years.

O. P. Miller,
Baroda, Mich.

Clam Fritters

Drain the clams and chop the hard part. Use the liquor to make a fritter batter. Add the clams and fry by small spoonfuls in hot fat. Clams in the shell should be steamed and dressed. Drain, and dip each whole clam into the batter. If large and tough, chop the hard part, and use the same as raw clams.

Corn Fritters

1 can corn, 2 eggs beaten lightly, add corn and two tbsp. flour, a dash of sugar, pepper and salt to taste, fry in part butter and lard in frying pan.

Mayonaise

To tbsp. Coleman's Mustard add ½ cup boiling water, let cool. Beat the yolks of 11 eggs

I was unable to get relief from stomach trouble until I tried Dr. Caldwell's Syrup Pepsin.—Chas. Bracher, Dayton, Ohio.

the parts clean and all towels and other articles coming in contact with the child should be thoroughly boiled.

Colic Flatulence

Children and infants are often subject to griping pains, which are caused by colic, and to wind on the stomach, which is flatulency. As in older persons these difficulties are promptly corrected and cured by the use of Dr. Caldwell's Syrup Pepsin as directed for children. The dilution of the feedings with more water is recommended and it is also well for babies subject to colic to wear warm flannel bands and socks.

Diarrhea

Looseness of the bowels accompanied by vomiting may be attributed to indigestion, undue exposure to cold, etc. Dr. Caldwell's Syrup Pepsin will stop the unnatural discharges and tone the muscles of the stomach so that they act normally again.

Emaciation

A child that has no appetite for ordinary food, that yawns at the table, refuses to exercise, is indifferent to studies or amusements, who is losing in weight and color is pretty certain to have indigestion. No person can take on flesh, have appetite or be

very light. Add cup vinegar, slowly beating all the time, then 2 tsp. salt, ½ cup sugar, tbsp. butter, then add mustard and water which has been cooled. Cook in double boiler, stirring all the time until like custard. After taking off the stove add 2 tsp. onion juice.

Oyster Fritters

Boil the oysters till the liquor flows freely. Drain, strain the liquor, and use it to make a batter, as in the preceding rule. Dip each oyster in the batter and fry until brown in hot fat.

Cheese Balls

1 Nuefchatel cheese, 1 cup blanched and chopped almonds or English walnuts, 1 tbsp. melted butter, ½ cup sweet cream, ¼ tsp. paprika. Make in balls, chill and serve with salads.

Peanut Butter Dressing

Allow to 1 tbsp. of fresh peanut butter 5 tbsp. lemon juice and water; mix thoroughly. This is a good salad dressing for those who like peanut butter.

Puddings

Suet Pudding

2½ cups flour, 1 tsp. soda, ½ tsp. salt, ½ sltsp. cinnamon, ½ sltsp. nutmeg, 1 cup chopped suet, or ⅔ cup butter, 1 cup chopped raisins or currants, 1

I shall recommend Dr. Caldwell's Syrup Pepsin as the very best medicine of its kind.—Geo. W. Carroll, Sault Ste. Marie, Mich.

active when the stomach can't digest its food and lets it lay there to clog the human machinery. We only become strong and look well as our stomach permits us to make use of the food we eat. To correct this indigestion and see the child brighten up and get stronger, use Dr. Caldwell's Syrup Pepsin as directed for indigestion in children. The results will surprise you.

Owing to impurites of drinking water and food adulteration and contamination the human stomach becomes a catch basin of disease germs, and the high rate of mortality in children is caused by the inability to throw off these germs as readily as older persons do. It is therefore extremely important that children be given such a remedy as Dr. Caldwell's Syrup Pepsin to eliminate the germs which otherwise would find their way through the capillaries into the blood and produce serious if not fatal results.

Harry Brunty
Nashville, Tenn.

Constipated from Birth

To Dr. Caldwell:

After using a sample of Dr. Caldwell's Syrup Pepsin, I bought a 50c bottle and like it very much for my little boy. He has always been so constipated until now and I am certainly going to keep it for him, as well as myself. I know it to be good and thank you for sending me the sample. Mrs. J. E. Brunty,
1903 9th Ave., N., Nashville, Tenn.

cup water or milk, 1 cup molasses. Sift the soda, salt, and spice into the flour, rub in the butter, and add the raisins. Mix the milk with the molasses, and stir it into the dry mixture. Steam in a buttered pudding-mould three hours. Serve with foamy sauce. If water and butter be used, 3 cups flour will be required, as these thicken less than milk and suet. This pudding is sometimes steamed in small stone cups.

Hard Sauce

¼ cup butter, ½ cup powdered sugar, ½ tsp. lemon or vanilla, or a little nutmeg. Rub the butter to a cream in a warm bowl; add the sugar gradually, then the flavoring. Pack it smoothly in a small dish, and stamp it with a butter mould or the bottom of a figured glass. Keep it on ice till very hard; or pile it lightly on a small fancy dish and you may call it Snowdrift Sauce.

We wouldn't think of keeping house without Dr. Caldwell's Syrup Pepsin.—Mr. and Mrs. Chas. Morgan, Bloomington, Ill.

MOTHER AND BABY

The following facts should prove interesting to all grownups, and especially to mothers:

The only diseases that should prevent a mother from nursing her child are cancer, scrofula, inflammatory rheumatism and any chronic or incurable skin eruption.

It is best to feed the child lying or reclining. It is the natural position.

A nursing woman should be especially free from constipation. It interferes with the quality of the milk.

Unless in midsummer, the weaning of a baby should begin at the age of six or seven months. It should be done gradually.

The most desirable wet nurse is one between the ages of twenty and thirty-three years.

If a child is disinclined to eat at his regular mealtime he should not be forced or urged to do so.

Feels Ten Years Younger

To Dr. Caldwell:

I received your free sample of Syrup Pepsin and found it a relief. I have since bought a $1.00 bottle at the Brown Drug Store. Nothing has done me so much good for the stomach and bowels as Syrup Pepsin. I feel ten years younger since I have been taking it. My work seems easy to me now. No more swelling in my stomach as before and I eat better since I have taken the Syrup Pepsin. We are all thankful to you for the great medicine. Mrs. O. Young, Merrill, Wis.

Mrs. O. Young
Merrill, Wis.

Plain Bavarian Cream

¼ box gelatine, ¼ cup cold water, 1 pt. cream, ⅓ cup sugar, 1 tsp. vanilla. Soak the gelatine in cold water till soft. Chill and whip the cream till you have three pints of the whip. Boil the remainder of the cream (or, if it all be whipped, use a cup of milk) with the sugar; and when boiling add the soaked gelatine. Stir till dissolved. Strain into a granite pan, add the vanilla or lemon, and wine if you wish; or flavor with 2 tbsp. of melted chocolate, or ¼ cup of strong coffee. Place the pan in ice water, stir occasionally, and when the mixture is thoroughly cold and beginning to thicken, stir in lightly the whipped cream. When nearly stiff enough to drop, pour into the

Dr. Caldwell's Syrup Pepsin is the best medicine I ever used for stomach trouble.—Jas. Nunn, Lock, Ky.

In very hot weather less food should be given, especially less solid food, and more water.

As soon as a baby has half a dozen teeth its food diet should be liberalized so as to stimulate the development of the peptic glands and increase the digestive powers.

Infants require water as much as they need food, and often suffer more for the want of the former than of the latter.

If the baby refuses the food prescribed wait until the sense of hunger comes and all trouble will vanish. Usually it is only obstinacy.

A baby (and grown-ups, too), should lie on the right side because otherwise the liver, which is a very large and heavy organ will press upon the stomach and make the baby uncomfortable.

The color of the eyes at birth in nearly all babies is blue. After eight weeks the color changes to that which is to be permanent.

Crying is beneficial. It expands the lungs and helps the circulation of the blood.

The normal temperature of the body at birth is 100° F.

Tears are unusual before a child has reached the age of three months.

Infancy is from birth until the first set of teeth has come, usually at two and a half years. Childhood is from then on to the age of puberty, which in this country is at twelve to fifteen years.

moulds. This cream is sometimes moulded in small cups. Put half of a canned apricot or peach, or three sections of orange, or several small cherries, or a candied plum, in the bottom of the cup before filling with the cream. Or line a bowl with whole strawberries and fill with the cream. This is called Strawberry Charlotte. Red bananas may be used in the same manner.

Blackberry Pudding

3 eggs, 1 teacup sugar, ½ cup flour, 1 cup jam, ½ cup butter, 1 tsp. soda dissolved in 3 tsp. of sour milk; add cinnamon and nutmeg; mix and bake slowly ¾ of an hour. Sauce for Pudding—1 pt. boiling milk, 1 tbsp. flour with milk; have ready 1 teacup sugar and ½ cup butter; mix thoroughly; boil 2 or 3 minutes, add butter and sugar but do not boil.

Apple Tapioca Pudding

Pick over and wash ¾ of a cup of pearl tapioca. Pour 1 qt. of boiling water over it, and cook in the double boiler until transparent; stir often, and add ½ tsp. of salt. Core and pare 7 apples. Put them in a round baking dish, and fill the cores with sugar and lemon juice. Pour the tapioca over them and bake till apples are very soft. Serve hot or cold with sugar and cream. A delicious variation may be made by using half pears, or canned quinces, and half apples.

I can enjoy anything I eat without distress since taking Dr. Caldwell's Syrup Pepsin.—John F. Collins, Chicago, Ill.

The average weight at birth is seven pounds for boys and a quarter of a pound less for girls. The average length is nineteen inches.

A baby often sits up unsupported at the end of the seventh month; it begins to walk at twelve to fifteen months; it begins to articulate at ten months or a year.

There are 105 boys born to 100 girls. But the mortality among males is greater, so there is always a majority of females.

The best time for the baby to take its daily outing is after the morning nap. The weather is most suitable then.

The first tooth is usually cut at five or six months. Bottle babies do not get their teeth as early as breast fed babies.

The significance of the second summer in infancy is that when the child is born at such time of the year that the molars and canine teeth, which come forth between the 12th and 18th

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The Family Standby

To Dr. Caldwell:

I have raised my little boy, now eight years old, on Dr. Caldwell's Syrup Pepsin. I want Caldwell's and nothing else. I never am without a bottle of it in the house. I started giving it to the baby and ended up by making it my family stand-by in all cases where we need a laxative. It is simply great. In fact, it would be no use in anyone trying to sell me anything else.

Gertrude Jordan,
522 N. Liberty St., Indianapolis, Ind.

Mrs. Gertrude Jordan
Indianapolis, Ind.

Cakes, Cookies, Doughnuts, Etc.

Devils Food

1 cup butter, 1 cup white sugar, 1 cup brown sugar, 1 cup sweet cream, 1 cup molasses, 4 cups flour, ½ cup each of grated chocolate and boiling water, 4 eggs beaten separately, 1 tsp cream tartar, ½ tsp. soda, 1 tsp. each spice, cloves and cinnamon. ½ tsp. nutmeg, 2 cups raisins, 1 cup citron, 1 cup nut meats, chopped rather fine. Bake in a rather slow oven in layers and put together with white icing.

Hickory Nut Cake

½ cup butter, 2 cups granulated sugar sifted, 1 cup luke warm water, whites of 5 eggs, 3 cups flour, 2 tsp. baking powder; sift flour and baking powder 5 times together, add last 1 cup chopped nuts.

month and the 18th and 24th month respectively, are erupted during the hot weather, the child frequently cannot stand the strain, complications ensue and death may result.

There is no harm in a baby sucking its thumb. The thumb is the best "gum-stick" in the world.

Wrong food and diet often cause the teeth of an infant to decay as soon as they are cut. The condition of digestion is an important factor.

An infant cries differently for each different disorder. The trained ear of a doctor can distinguish the cry.

It is an old woman's notion that a child born at the eighth month is less likely to live than one born at the seventh month. The nearer the child approaches to the full term the greater chance it has of living.

A healthy baby should have from two to four stools a day during the first month. After that and during the first year the daily average should be at least two, and a hearty child may have double this number without any apprehension.

"Snuffles" or "sniffles" in a baby is simply a cold or infantile catarrh.

Dorothy Johnson
752 Dayton St.
Kenosha, Wis.

Best of All Medicines

To Dr. Caldwell:

Will let you know what your wonderful remedy did for my little girl. I had had different kinds of medicines and doctors, but have never in my life seen anything act so quickly and without pain as your Syrup Pepsin. It is certainly the best medicine and I shall not be without it again and will recommend it to all my friends.

Mrs. M. Johnson,
752 Dayton St., Kenosha, Wis.

Wedding Cake

1 lb. butter, 1 lb. sugar, 12 eggs, 1 lb. flour, 2 tsp. each of cinnamon and mace, 1 tsp. each of nutmeg and allspice, ½ tsp. cloves, 2 lbs. raisins, 2 lbs. currants, 1 lb. citron, 1 lb. almonds, 1 wineglass brandy, 1 lemon. Line the pans with three thicknesses of paper; butter the top layer. Seed and chop the raisins, wash and dry the currants, cut the citron in uniform slices, about ⅛ of an inch thick, blanch the almonds and chop fine. Mix all the fruit but the citron with

I have found nothing to compare with Dr. Caldwell's Syrup Pepsin for constipation.—Mrs. E. Henry, New Orleans, La.

Physicians Prescribe Dr. Caldwell's Syrup Pepsin

A large number of physicians throughout the United States use Dr. Caldwell's Syrup Pepsin in their daily practice, many of them being in professional correspondence with Dr. Caldwell, who has always been willing to discuss the curative value of the ingredients with any member of the profession who writes him in good faith.

Although such correspondence is personal and private, a number of physicians have authorized and even urged us to publish their endorsements. We submit a few such letters:

"It being only due you that the many virtues of your Syrup Pepsin should be known to the public, I hereby certify that I have for several years recommended Dr. Caldwell's Syrup Pepsin for the expulsion of tape worms, and worms generally in children, with the most gratifying results. Dr. Geo. T. Hull, Prue, Okla."

"I have used Dr. Caldwell's Syrup Pepsin in both my own family and in my practice, and unhesitatingly state that I have got better results from it than any other form of pepsin I have used. I consider it a most excellent preparation.

L. E. Covey, M. D., Savannah, Tenn."

"While not in the habit of recommending to my patients "patent medicines," the good qualities of your Syrup Pepsin force me to acknowledge its genuine merits and recommend it in all cases of Indigestion, Sour Stomach, and eructation of Disagreeable Gases and Undigested Food.

J. B. Scott, M. D., Fayette, Mo."

enough of the flour to coat it thoroughly. Mix the spices with the sugar. Cream the butter; add the sugar, beaten yolks, beaten whites, lemon rind and juice, brandy, flour and fruit, except the citron. Put a layer of dough ½ of an inch deep in the pan, then spread evenly with the citron, then another layer of dough and citron; repeat until the materials are all used. Have dough for the top layer. As this cake does not rise much in baking, the pans may be at least ⅔ full. Bake in two large, deep oblong pans three hours, in moderate oven.

Pound Cake

1 lb. butter, 1 lb. sugar, 10 eggs, 1 lb. flour, ½ wine glass wine. ½ wine glass brandy. Cream the butter; add the sugar, yolks of the eggs, wine, brandy, whites of the eggs, and the flour. Place currants into ¼ of the dough, and almonds, blanched and pounded in rose water, into another part; leave the remainder plain. Fill very small round tins ¾ full. Into half of those containing the plain dough put small pieces of citron, three in each, inserting the citron upright a little way into the dough. Sift sugar over

I never found anything that is as effective for constipation as Dr. Caldwell's Syrup Pepsin.—Mrs. S. C. Aborn, Aurora, Ill.

the tops of those containing the citron and almond before putting them into the oven. Bake 20 minutes. Frost the plain and currant cakes. Pound cake is lighter when baked in small cakes than in loaves.

White Cake

2 cups sugar, ½ cup butter, ¾ cup milk, ½ cup water, 1½ cups Swansdown flour, 1 cup flour (measure before sifting), whites of 5 eggs, flavoring, 2 tsp. baking powder.

Chocolate Cake

1 cup sweet milk, 1 cup brown sugar, ½ cup chocolate, yolk of 1 egg, cook until it comes to a boil, cool and add to 1 cup brown sugar, ½ cup butter, 2 eggs, ½ tsp. soda dissolved in the yolks, ½ cup milk, 2 tsp. baking powder, 2 to 3 cups flour.

Burnt Sugar Cake

Syrup for Flavoring — Put 1 cup sugar in pan and burn until it smokes blue, draw from fire and pour 1 cup boiling water over it.

Cake—½ cup butter creamed, 1½ cups sugar, added gradually, 2½ cups flour sifted with 2 tsp. burnt sugar, 2 eggs, whites beaten separately, 1 cup water or milk, 2 tsp. baking powder, 1 tsp. vanilla. Beat cake 5 minutes, then add the syrup, vanilla and whites of eggs.

Angel Cake

1 glass Swansdown cake flour, 1½ glasses of sugar sifted six times together. Beat the whites of 11 large or 12 small eggs; when half beaten add tsp. cream tartar. Beat perfectly dry. Beat in the sugar and flour gradually. Flavoring. Bake slowly.

Sponge Cake

4 eggs beaten separately; then beat together 2 cups sugar slowly beaten in, 2 cups flour, 2 tsp. baking powder, a pinch of salt; last of all 1 cup boiling water, 1 teaspoon lemon. Heat the pan.

Spice Cakes

2 cups sugar, ½ cup butter, cup sour milk, 2 cups flour, a good ½ tsp. soda, the yolks of 5 eggs, 3 tsp. cinnamon, 2 tsp. cloves, 2 tsp. allspice, 1 nutmeg.

Eggless Cake (Fine)

2 cups sugar, 1 cup buttermilk, 4 cups flour, 1 tsp. each nutmeg, cloves, cinnamon and allspice, 2 cups raisins, chopped fine, 1 cup butter, 1 cup cold coffee, 2 level tsp. soda, 1 cup nuts, chopped fine. Mix all together. Add nuts and raisins last.

Jam Cake

2 cups sugar, 2 cups jam, 3 cups flour, 1 tsp. cinnamon, 5 eggs, 1 tsp. baking powder, 1 cup butter, 1 cup sour milk, 1 nutmeg, 1 tsp. vanilla, 1 tsp. soda.

Boston Cream Puffs

Place 1 pt. of water in a vessel on the stove; when it boils stir into it while boiling ½ cup butter, then add 2 cups flour, making a smooth, thick paste; let cool and add 1 at a time, 10 eggs, do not beat; ½ tsp. soda dissolved in a little water; drop this mixture in small round balls on a buttered

Dr. Caldwell's Syrup Pepsin is the only medicine that I will ever use for my family for bowel trouble.—S. Jason, Charleston, W. Va.

tin so they will not touch one another; bake in a quick oven. Filling—1 qt. sweet milk, 2 cups sugar, ½ cup flour, 4 eggs; beat sugar, flour and eggs together and stir in milk, flavor to taste; open the puffs near the top with a sharp knife and insert the custard.

Oatmeal Cookies

2¼ cups flour, 1 cup sugar, 2 eggs, 1 tsp. soda, 2½ cups oatmeal, 1 cup butter, 2 tbsp. sour milk, flavor to taste. Roll, cut and bake quickly.

Cocoanut Drop Cookies

1 cup brown sugar, 1 cup butter, ½ cup sour milk or ¼ cup butter and ½ cup cream, sour, 1 tsp. soda in milk, 1 tsp. baking powder, 2 cups flour, 1 box cocoanut. Drop from spoon on greased pans.

Sour Cream Cookies

1 cup cream, 1 cup sour cream, 2 cups sugar, 1 tsp. soda, 1 tsp. baking powder. Flour, make soft.

Ginger Snaps

1 cup sugar, 1 cup Orleans molasses, 1 cup butter, heat them boiling hot, take from the stove and stir in 1 cup flour while hot, let cool, add 2 tsp. soda, dissolve in a little vinegar, 2 eggs, 1 heaping tsp. of ginger in the flour, beat all the rest. Knead enough flour in to roll out nicely.

Doughnuts

2 eggs well beaten, add 1 cup sugar, 3 tbsp. melted butter, beating well, add 1 cup sour milk, flour in which has been sifted cinnamon, a little salt and tsp. soda. Roll out very soft and fry a light brown.

Potato Doughnuts

1 cup granulated sugar, 2 well beaten eggs, 1½ cups lard, 1 large cup sour milk. Mash two medium sized potatoes. 1 tsp. soda, a little salt, 1 tsp. baking powder, nutmeg or cinnamon. Add dozen cloves and stick cinnamon in hot lard before frying.

Soft Ginger Bread

2 eggs, ½ cup brown sugar, 1 cup Orleans molasses, ½ cup sour milk, 1 tsp. soda, 1 tsp. ginger, 1 tsp. cinnamon, 2 cups flour, ½ cup butter; put soda into milk.

Marguerites

Mix ¼ cup hickorynuts with the beaten whites of 2 eggs and 1 tbsp. sugar. Heap this mixture up on Saratoga crackers and set in oven to brown slightly.

Cottage Pudding

2 heaping cups flour, 2 tsp. baking powder, ½ tsp. salt, 1 egg, ¾ cup sugar, 3 tbsp. melted butter, 1 cup milk. Mix the salt and baking powder with the flour. Beat the egg, add the sugar, melted butter and milk and stir into flour. Bake in a shallow dish.

Sauce—½ cup butter, 1 cup powdered sugar creamed, add one pint mashed strawberries, and last the beaten white of an egg.

I cannot praise Dr. Caldwell's Syrup Pepsin too highly for what it has done for my baby.—Mrs. Earl Dudney, Magnolia, Ark.

Ice Cream and Sherbets

Vanilla Ice Cream

1 qt. of cream, ½ lb. sugar, 2 tbsp. vanilla. Put half the cream and the sugar on to boil in a farina boiler; stir constantly for ten minutes. Take from the fire, and when cold add the remainder of the cream, the vanilla, and freeze.

Strawberry Ice Cream

1 qt. of cream, 1 lb. of sugar, 1½ qts. of strawberries. Put ½ the sugar and cream on to boil in a farina boiler, and, when sugar is dissolved stand aside to cool, add the remaining half the sugar and the lemon juice to the berries, stand aside 1 hour, then strain through a fine muslin, add the remaining ½ of the cream to the sweetened cream, and freeze. When frozen stir in the fruit juice, beat thoroughly, turn the crank rapidly for 5 minutes, then remove the dasher and pack. When canned fruit is used, less sugar is required.

Strawberry Ice Cream
(Not cooked)

To one quart of cream add one cup of sugar and one pint mashed strawberries. Freeze; turn very slowly at first.

Peach Ice Cream

1 qt. cream, ¾ lb. sugar, 1 qt. of mellow peaches or 1 pt. can. Put half the cream on to boil in a farina boiler. When hot, add the sugar and stir until dissolved. Take from the fire, add the remaining half of the cream; and when cold freeze. Pare and mash the peaches, and stir them quickly into the frozen cream—turn the crank rapidly for 5 minutes, then remove the dasher and pack.

Chocolate Ice Cream

1 qt. of cream, 4 oz. sweet chocolate or 2 oz. Baker's chocolate, ¼ tsp. powdered cinnamon, 1 tbsp. vanilla, ½ lb. sugar. Put ½ the cream, the chocolate, sugar and cinnamon on to boil, stir and beat until smooth; strain, while hot, through a fine muslin, and the remainder of the cream, and the vanilla, cool and freeze.

Orange Ice

To one quart of syrup add the juice of eight oranges and one lemon—also add one cup cream. Freeze.

Apricot Ice

Take one pint of sugar and one quart of water and cook until you have a quart of syrup. Add to this syrup one can mashed apricots and one cup cream. Freeze, turning slowly at first.

Frozen Strawberries

1 qt. strawberries, juice of 2 lemons, 1 lb. sugar, 1 qt. of water. Add the sugar and lemon juice to the berries, stand aside 1 hour. Mash the berries, add the water, stir until the sugar is thoroughly dissolved, and freeze slowly.

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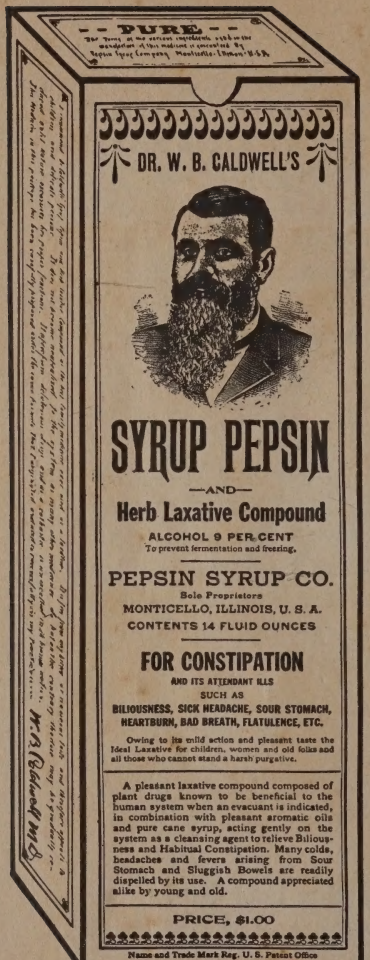
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